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Thursday, November 21, 2019 metro.us | t: MetroNewYork | f: MetroNewYork

CYNDI LAUPER

Legendary singer and activist talks to Metro about LGBTQ support and personal struggles. 12



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Red-hot Islanders look to extend point streak to 16 tonight. 16

NAMED AND SHAMED

Gordon Sondland about-turned on Trump Wednesday, offering shocking impeachment testimony of senior officials' complicity in the president's Ukraine 'quid pro quo' re-election pressure campaign. Vice President Mike Pence and Secretary of State Mike Pompeo were tarred as active participants. 2



THINGS
TO
KNOW

1

U.S. diplomat says he followed Trump orders on Ukraine, points to Pompeo and Pence

U.S. Ambassador to the European Union Gordon Sondland testifies before a House Intelligence Committee hearing as part of the impeachment inquiry into U.S. President Donald Trump on Capitol Hill in Washington. REUTERS

Pence, Pompeo and Giuliani allegedly 'actively engaged.'

A senior U.S. diplomat said on Wednesday that President Donald Trump expressly ordered him and others to help a pressure campaign against Ukraine, and gave testimony in the impeachment inquiry that for the first time put the U.S. secretary of state and vice president at the heart of the controversy.

Gordon Sondland, the U.S. ambassador to the European Union, said he "followed the president's orders" to work with Trump's personal lawyer Rudy Giuliani to push Ukraine to carry out two investigations that would benefit Trump politically as he runs for re-election in November 2020.

Sondland's testimony was among the most significant in the four days of public hearings in the Democratic-led House of

Representatives impeachment inquiry that has captivated Washington and threatens the presidency of Trump, a Republican.

The ambassador, a wealthy hotel entrepreneur and Trump donor, detailed Trump's active participation in the Ukraine controversy. Sondland depicted Secretary of State Mike Pompeo as actively engaged in the efforts to get Ukraine to carry out the investigations, including one targeting Democratic presidential candidate Joe Biden, and described Vice President Mike Pence as aware of the efforts.

Going much further in describing the broad involvement of administration officials than he did in prior testimony behind closed doors, Sondland also made clear that he was a reluctant participant in the pressure campaign on Ukraine and that he personally opposed Trump's withholding of U.S. security aid.

"Everyone was in the loop. It was no secret," Sondland said.

\$391M

Sondland said he told Pence that a freeze ordered by Trump of \$391 million in security aid to Ukraine appeared to be part of the pressure campaign.

Testifying to the House Intelligence Committee, Sondland said he told Pence that a freeze ordered by Trump of \$391 million in security aid to Ukraine appeared to be part of the pressure campaign. The aid was approved by Congress to help Ukraine fight Russia-backed separatists. In a statement, Pence's chief of staff denied that any such conversation occurred.

Trump, in a July 25 phone call, asked Ukrainian President Volodymyr Zelensky to carry out two investigations. One in-

"Everyone was in the loop. It was no secret."

U.S. Ambassador to the European Union Gordon Sondland

involved Biden and his son Hunter, who had worked for Ukrainian energy company Burisma. The other involved a debunked conspiracy theory promoted by some Trump allies that Ukraine, not Russia, interfered in the 2016 U.S. election.

Democrats accuse Trump of abusing his power by using the security assistance and an offer to Zelensky of a prestigious visit to the White House as leverage to pressure a vulnerable U.S. ally to dig up dirt on domestic political rivals.

Sondland described Trump in May telling him along with Energy Secretary Rick Perry and then-U.S. special envoy to Ukraine Kurt Volker to work with Giuliani – the former New York mayor

who held no U.S. government job – on Ukraine policy.

"We did not want to work with Mr. Giuliani. Simply put, we played the hand we were dealt. We all understood that if we refused to work with Mr. Giuliani, we would lose an important opportunity to cement relations between the United States and Ukraine. So we followed the president's orders," Sondland said.

Sondland said the three worked "at the express direction of the president of the United States" with Giuliani, who at the time was actively trying to get Ukraine to conduct the politically motivated investigations.

The efforts by Giuliani to get Zelensky to investigate the Bidens "were a

quid pro quo for arranging a White House visit" for the Ukrainian leader, Sondland said, using a Latin term meaning to exchange a favor for another favor.

Trump has said he did nothing wrong in the Ukraine matter and specifically denied any quid pro quo. On Wednesday, the president said he does not know Sondland – his own appointee – well but he seems like a "nice guy."

Biden, the former vice president, is a leading candidate for the Democratic nomination to face Trump in the November 2020 presidential election. Trump has accused Biden of corruption without offering evidence. Biden has denied any wrongdoing.

The investigation could lead the House to press formal charges against Trump – called articles of impeachment – that would be sent to the Republican-controlled Senate for a trial on whether to remove him from office. REUTERS

New York State's second vaping death

2 A male from Manhattan in his 30s died due to a vaping-related illness. The Department of Health confirmed that this is the second death due to vaping-associated illness in New York State. The first New York victim was a 17-year-old male from the Bronx, who died from a vaping-related illness on Oct. 4. It was reported that the 30-year-old male had a history of using vaping and e-cigarette items.

According to Gov. Cuomo, the Department of Health (DOH) investigated the death, and it was determined to be vaping related. Gov. Cuomo echoed a warning from the DOH, saying, "If you don't know what you're smoking, don't smoke it." Additionally, Cuomo added, "We are taking every step possible to combat this crisis on the state level, but the federal government needs to take action now."

BECCA GLASSER-BAKER

Bus-mounted cameras on M14 bus service route

3 Beginning on Nov. 21, the MTA announced that some buses on the M14 Select Bus Service route will be getting a bus-mounted camera system. The new bus-mounted camera system is to help enforce bus lanes and enhance traffic enforcement on the new 14th Street Truck & Transit Priority lanes. The bus-mounted cameras, as well as the fixed location camera, will complement each other.

The camera can capture license plate information, videos, photos and the location and time stamp information of vehicles violating bus lanes. The system collects multiple pieces of evidence to make sure cars making permitted turns are not ticketed. Once the cameras gather the information, it is sent to New York City's Department of Transportation (NYCDOT) for processing and reviews.

BECCA GLASSER-BAKER

Bloomberg to appear on Texas presidential ballot

4 Billionaire former New York Mayor Michael Bloomberg put his name on Democratic primary ballots in Texas on Wednesday, paving the way for a possible late entry into the presidential race. Bloomberg, 77, has not officially said whether he will run in the 2020 race, but has acknowledged considering a bid. His would-be opponents in a historically large Democratic field have spent months making their



REUTERS

case to voters in states, starting with Iowa and New Hampshire, that will start selecting the party's nominee in February. REUTERS

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NEWS



LGBT themed clothing to coincide with the 50th anniversary of the 1969 Stonewall uprising, considered the birth of the lesbian, gay, bisexual and transgender (LGBT) movement is seen on display at the Levi's Store at Times Square in New York City, U.S. **REUTERS**

Barriers exist even in accessing everyday products.

From breast-flattening binders and prosthetic penises to friendly beauticians, transgender shoppers often struggle to find the products they need – but a growing number of trans-owned businesses are tapping into this long-ignored market.

Few businesses know how to cater to trans

consumers, said Siobhan Reilly, who set up Electrolysis by Siobhan in the northern English city of Manchester in 2017 after she and her friends had distressing hair removal experiences.

“When it comes to accessing a service like mine, that can be a difficult or dysphoric experience at the best of times,” said Reilly, with ignorance and transphobia adding to the discomfort of having a needle put into hair follicles.

“Having an electrologist who is a trans woman and has faced some of the challenges of accessing hair removal can be reassuring and make the process easier,” said Reilly, who offers cheap treatment to trans people who cannot afford higher rates.

As the world marks Transgender Day of Remembrance on Wednesday in tribute to those murdered owing to transphobia, trans people also face numerous barriers in

Frustration drives trans consumers to create sell-out brands

accessing everyday products and services that others take for granted.

Some 600,000 people in Britain identify as trans, according to Stonewall rights group, and some 1.4 million in the United States, the Williams Institute think-tank estimates.

Awareness of trans people has risen as celebrities such as Caitlyn Jenner and Laverne Cox have become mainstream, but sexual and gender minorities still face widespread discrimination at work, school and in shops.

Using appropriate gender pronouns, not asking invasive questions and being aware of sensitive areas of conversation are basic requirements for businesses serving trans consumers.

“It seemed to me that training as an electrologist and setting up a clinic

was the most sustainable impact I could have,” said Reilly, whose next goal is to train more trans electrologists in other cities.

“If you don’t really understand the pain points, how can you adequately provide solutions?”

Scout Rose

With high street stores offering very limited options for trans men and non-binary people seeking sexy lingerie or stand-to-pee devices to support their transition, many go online.

But the experience is often patchy, with many people relying on advice from YouTube bloggers on how to achieve their desired body shape, such as using duct tape to tuck their penis between their legs, or relying on low-quality product images.

“People often buy binders and prosthetics from message boards or off social media groups, and it’s actually startlingly common to hear about people being ripped off,” said Scout Rose, founder of the online store Transguy Supply.

“Trans people are better positioned to meet the needs of other trans people because we have firsthand knowledge of the issues they are facing,” said Rose, who sells everything from packers to create a bulge in the wearer’s pants to shaving sets. **REUTERS**

Free donation pickup: Just one more reason to be thankful.

The Habitat for Humanity ReStore accepts donations of furniture, appliances and more, and resells them at up to 80% off! Email photos of your items to restore@habitatnyc.org to schedule a pickup, and we'll get back to you within 48 hours. www.habitatnyc.org/restore



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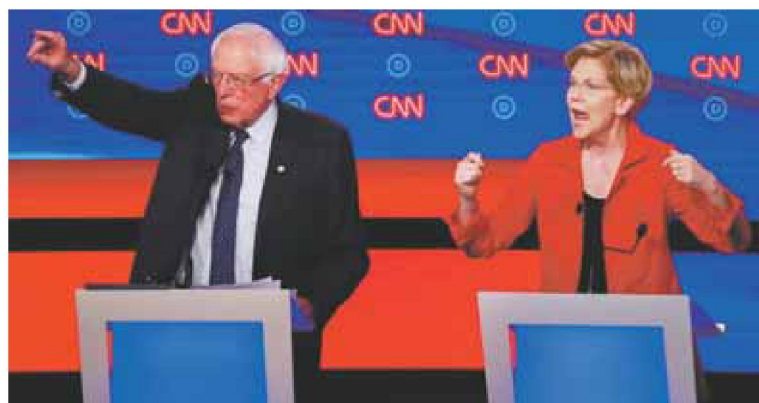
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Democratic presidential hopefuls Bernie Sanders and Elizabeth Warren.

REUTERS

2020 Democratic challengers slam Trump stance on settlements

Trump administration now considers Israeli settlements compatible with international law.



ISRAEL HAYOM
letters@metro.us

The 2020 Democratic presidential candidates came out strong against U.S. President Donald Trump's dramatic policy shift regarding Israeli settlements.

The Trump administration's major policy shift, announced Monday, included that the U.S. now considers Israeli settlements to be compatible with international law, a significant departure from the Obama administration's approach.

Secretary of State Mike Pompeo said in a statement that "we will no longer recognize Israeli settlements as per se inconsistent with international law," noting that this conclusion was "based on the unique facts, history, circumstances presented by the establishment of civilian settlements in the West Bank."

A spokesman for former Vice President Joe Biden's campaign told the Jewish Insider on Monday night that "this decision harms the cause of diplomacy, takes us further away from the hope of a two-state solu-

tion, and will only further inflame tensions in the region. It's not about peace or security. It is not about being pro-Israel. It is about undercutting Israel's future in service of Trump's personal politics."

Other candidates took to Twitter Monday night to express their chagrin. Sen. Elizabeth Warren (D-Mass.) slammed the move as "another blatantly ideological attempt by the Trump administration to distract from its failures in the region. Not only do

Mr. Trump is isolating the United States and undermining diplomacy by pandering to his extremist base," he said.

South Bend Mayor Pete Buttigieg said the move was a "step back" in the peace process and the latest in a "pattern of destructive decisions that harm our national interests."

Similarly, Sen. Amy Klobuchar (D-Minn.) accused Trump of "playing politics and taking us further away from a path to a two-state solution."

"This is clear from international law and multiple United Nations resolutions. Once again, Mr. Trump is isolating the United States and undermining diplomacy by pandering to his extremist base."

Sen. Bernie Sanders

these settlements violate international law—they make peace harder to achieve." She also vowed to swiftly reverse the decision should she unseat Trump.

Sen. Bernie Sanders (I-Vt.) described the settlements as situated in "occupied" territory and "illegal." "This is clear from international law and multiple United Nations resolutions. Once again,

The new policy means that the U.S. will consider Israeli settlements to be irrelevant to the legal aspects of the peace process, restoring the policy that had been first adopted by President Ronald Reagan in 1981.

This article was provided to Metro through an agreement with Israel Hayom news. Visit www.israelhayom.com for more coverage.

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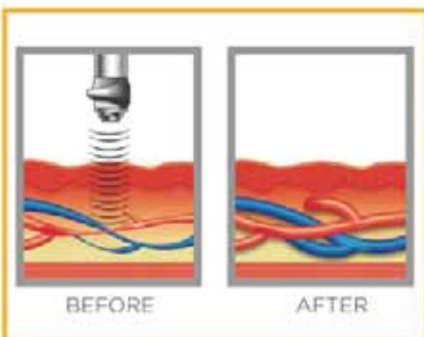
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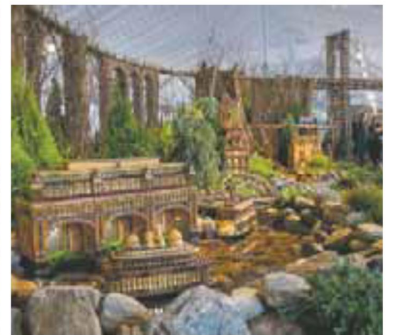
The Doctors

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New York Botanical Garden shows off its annual holiday train show

New York Botanical Gardens showcases its annual holiday train show in New York City. Displays of historical architectural sites of New York City are sculpted out of everything from seeds to Shelf Mushrooms. The show will be open to the public from Nov. 23, 2019 through Jan. 26, 2020. GETTY IMAGES



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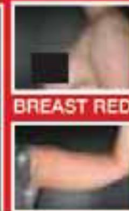
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On Transgender Day of Remembrance, new actions to protect trans New Yorkers

New York Gov. Andrew Cuomo on Wednesday announced new initiatives to help protect transgender and gender non-conforming communities.

"On Transgender Day of Remembrance, we honor the memory of transgender individuals who have lost their lives to hate-based violence," said Division of Human Rights Commissioner Angela Fernandez. "The Division of Human Rights stands with the transgender community and will work to ensure that all New Yorkers know their rights and obligations under the Human Rights Law. New York State will hold individuals who engage in bias and discrimination based on gender identity accountable for their actions."

Gov. Cuomo asked the Department of Financial Services (DFS) to propose more action to protect access to health insurance for the transgender and gender non-conforming community.

"New York is the proud home of the LGBTQ rights movement, and this year we've built on that legacy by enacting critical protections for transgender individuals," Gov. Cuomo said.

As part of the initiative, the Division of Human Rights will create a public awareness campaign that will launch in January.

Gov. Cuomo added, "Transgender and gender non-conforming people still face discrimination

and violence every day, and these critical measures send a clear message that New York will always stand up for every single member of our LGBTQ family no matter what happens in Washington."

Gov. Cuomo vowed to protect transgender and gender non-conforming people's commercial healthcare, and has asked that the Department of Civil Service eliminate any

barriers for individuals to get gender-affirming procedures within the State's Empire Plan, a health plan for state and local government employees and their family members.

BECCA GLASSER-BAKER

"New York is the proud home of the LGBTQ rights movement, and this year we've built on that legacy by enacting critical protections for transgender individuals."

Gov. Andrew Cuomo

Here's what DFS proposes:

- Issue regulations to codify current DFS circular letters regarding coverage for gender dysphoria, coverage for non-gender specific services, and coverage for PrEP;
- Issue regulations to clarify prohibitions of gender identity discrimination in health insurance;
- Require external appeal agents with experience in transgender health to the extent practicable;
- Work with the Office of Mental Health to prohibit categorical exclusions in insurance plans for gender-affirming services so that individuals receive the medical necessity review they deserve.

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word search

W	T	E	N	R	E	T	N	I	I
R	H	B	A	N	P	B	T	F	C
C	A	R	R	J	O	T	I	N	T
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U	H	M	S	I	A	L	W	H	D
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Arcade
Breaks
Calhoun
Game
Internet

John C.
Princess
Ralph
Reilly
Sarah

Silverman
Vanellope
Wi-Fi
Wreck-It
Yesss

wander word

Category: Occupation

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READER WRITE-INS:

HEY, SPORTS BARS ... PLAY SPORTS, NOT MUSIC

I love when sports bars will have the game on but in the background they're blasting loud music. Why can't we get the commentary instead of mopey Drake songs? It can be so distracting and annoying when I just want to enjoy a beer and the game.

Phil, Metro New York reader



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Aries It's up to you to take charge and put your plans in motion. Working alongside someone who shares your goal will bring you closer together and speed your success.



Taurus Update the way you do things. An adjustment will lead to new opportunities, as well as a positive lifestyle change.



Gemini Slow down and think. Don't feel pressured to do something you aren't ready to do. Stick to facts and don't believe everything you hear.



Cancer Set a strict budget and schedule, and don't change your course of action until you are satisfied. A positive change is heading your way.



Leo Personal growth, physical health and romance should be at the top of your to-do list. The more you discover about yourself, the easier it will be to make better choices.



Virgo Take control and leave nothing to chance. Don't delegate important tasks. It's up to you to make sure that you get what you want. Live a healthy lifestyle.



Libra Deal with domestic matters carefully. Refuse to let someone take advantage of you or dump their responsibilities in your lap. Put your needs first and make personal improvements a priority.



Scorpio Set up interviews and update personal documents, contracts or financial investments. If you take care of business, you'll be free to make important lifestyle adjustments.



Sagittarius Don't believe everything you hear. If you are gullible, someone will take advantage of you. Stick to what and who you know, and focus on taking care of unfinished business.



Capricorn Mull over your options and position yourself to take advantage of the best possibility. If you enthusiastically contribute what you have to offer, it will impress someone who can help you.



Aquarius Finish what you start. Stick to your plan, regardless of what others do or say. If you don't agree with something, speak up. Personal improvement will lead to gain.



Pisces Don't feel compelled to make a choice if you are uncertain. Don't give in to someone who is being manipulative or trying to take advantage of you. EUGENIA LAST

Why Aren't Doctors Telling Knee Arthritis Sufferers About These Two Often Successful Treatments?

Two Advanced Medical Treatments Every Knee Arthritis Sufferer Needs To Know - Before Or After Knee Replacement Surgery

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Before we get into the two treatments, please understand this...

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What you are about to discover are two REAL medical treatments. Not miracle cures you see on infomercials or on the internet.

Know this fact: There is no cure for arthritis. But there are *these* two treatments that have already helped thousands of knee arthritis sufferers - possibly just like you.

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Here's what you need to know about viscosupplementation - the good and the bad....

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The lubricating fluid that decreases is called "synovial fluid."

Pharmaceutical companies (with the help of scientists) can now make synovial fluid-like compounds that... during viscosupplementation treatments... doctors

precisely inject directly into the knee joint.

This helps replace the lubricating fluid to the knee joint - allowing it to move more freely and smoothly and often decreasing or even eliminating the pain.

What Results Can Be Expected?

Like all medical treatments, the results vary and can not be predicted. But many knee arthritis sufferers get dramatic results. It is not uncommon for patients to either postpone knee replacement surgery for years... or even permanently cancel it.

But There Is A BIG Problem

The key is the treatment must be EXTREMELY PRECISE. If the procedure is slightly off, the formula will not get into the knee joint and the treatment will not work.

That's why the experts at **NYC Pain MD** use advanced digital imaging so they visually guide the injection accurately into the knee joint during the treatment.

Research shows that performing joint injections without imaging miss the joint as much as 30% of the time.

If you have had prior viscosupplementation without this special digital imaging without good results - this may be the exact reason why.

That's why NYC Pain MD even takes it one step further. They do not just use one form of advanced imaging during treatment - they use two in their "double confirmation" process. This is to ensure patients get the best possible results.

Another Important Factor

Viscosupplementation "medicines" also come in several different formulas.

Just like all medications, some people respond better to one than another. While many doctors only use one formula, the experts at NYC Pain MD use several and great effort is taken to figure out what the best one is for you.

What Should You Do If Viscosupplementation Fails?

#2 Radiofrequency Neurotomy

This treatment is called, "Radiofrequency Neurotomy." RF for short. RF is a procedure that is based on the theory that blocking the nerve supply to the painful area may alleviate pain and restore function.

Several branches of nerves that surround the knee are known as "Genicular nerves."

Radiofrequency waves are delivered to the Genicular nerves under advanced imaging to "block" the nerves.

Two procedures are performed. First, a test, diagnostic "G Block" procedure is done to determine if the procedure is going to decrease pain and improve function.

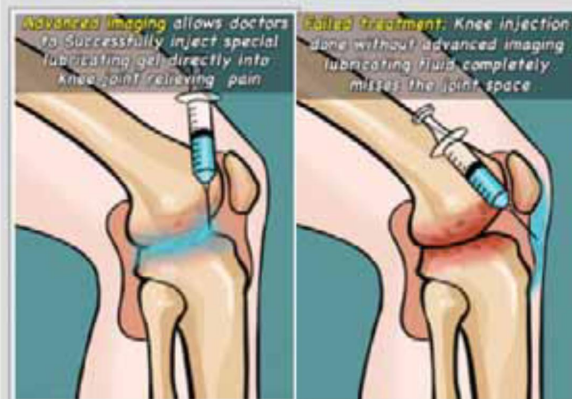
If this first "test" procedure is successful, Genicular Neurotomy (GRF) is performed for long term relief.

Is It Safe?

Research has shown this procedure to be safe and effective.

One study published November 4, 2010 in the journal *Pain* found that RF treated subjects on average "achieved at least 50% knee pain relief at 1, 4 and 12 weeks, respectively. No patient reported a post-procedure adverse event during the follow-up period. RF neurotomy of

Advanced Imaging Allows Doctors To Pin-Point Treatments And Relieve Knee Arthritis Pain



Science rescues knee arthritis sufferers? Research shows joint injections done without advanced imaging miss the joint about 30% of the time. Now doctors can put lubricating fluid directly into the arthritis joint that may alleviate pain and restore function to many.

Genicular nerves leads to significant pain reduction and functional improvement in a subset of elderly chronic knee OA pain, and thus may be an effective treatment in such cases."

Who Should Try This Treatment?

RF should be considered after other treatments, such as anti-inflammatory pain medication, physical rehab or viscosupplementation do not offer good enough results.

RF may be utilized before resorting to total knee replacement. RF allows many patients to avoid knee replacement surgery.

But - RF has also been found effective AFTER knee replacement surgery when the patient still feels pain.

The pain after a failed knee replacement surgery can be debilitating and this procedure may be the only thing that helps and give you after surgery relief.

What To Do Next If You Are In Pain

NYC Pain MD offers a limited number of complimentary knee arthritis screenings every month. These screenings are a way for knee arthritis sufferers to get their questions answered and see if they are a candidate for one of the cutting-edge treatments offered at **NYC Pain MD**. If you would like to schedule a screening, just call 877-380-8537.

The screenings fill up fast every month. This screening is no cost and there absolutely no obligation.

More good news: for qualified candidates, insurances and Medicare often cover these treatments.

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Cyndi Lauper on giving a voice to those who need it most

As an artist, Cyndi Lauper is one of the most decorated performers of her generation, earning Grammy Awards for her timeless hits, a Tony Award for her work on the hit Broadway musical "Kinky Boots" and even an Emmy for her hilarious guest appearance on "Mad About You." But as an advocate and an activist, the 66-year-old star has proven herself to be a legend for much more important reasons.

Lauper has been a true LGBTQ champion over the years, with her song "True Colors" becoming an anthem for the community. It also inspired the name of her non-profit, True Colors United, which she founded in 2008. The organization works on addressing the issue of youth homelessness, specifically aiding members of the

LGBTQ community, who make up 40 percent of America's homeless youth population.

Each year, True Colors United hosts "Cyndi Lauper & Friends: Home for the Holidays," a benefit concert in support of the organization. This year, the show returns on Tuesday, Dec. 10, at The NOVO at L.A. Live in Los Angeles with a stacked lineup of stars, including host Carson Kressley, Marilyn Manson, Billy Porter, Margaret Cho, Lily Tomlin, Kesha, Brandi Carlile and more.

Lauper has also recently lent her voice to the PsO at Work campaign by Novartis. Through the campaign's website as well as using the hashtag #PsOatWork on social media, patients struggling with psoriasis can share their stories and find resources as they



seek solutions for keeping their symptoms under control.

Ahead, Lauper talks more about her struggles with psoriasis, advocating for the LGBTQ community, her new Netflix series with Jane Lynch

and more.

What inspired you to join the PsO at Work campaign?

I'm doing it because I'm one of 8 million people in America who have and are living with psoriasis.

It's an interesting campaign because it's hard to hide while you work. Obviously, I can adjust my hours, but there are people who work in offices, banks, different jobs around the country, who go to work and have

psoriasis. I know nobody talks about it, so that's why I'm doing it.

For me, when I started to hear other people's stories, it helped me to feel better. No. 1, that I wasn't alone. And, No. 2, realize there's many options out there and people handle it a lot of different ways. I finally found something that keeps my psoriasis under control and I have skin again. I'm so grateful that my skin feels like skin, looks like skin. It's not awful. I'm not shedding. I'm not bleeding. I'm not totally inflamed. I don't get freezing cold and hot all at once because I was so head to toe with it that I could no longer regulate my body temperature. I'm excited that I am now living with psoriasis under control. I think for a lot of people who are still not having great success with putting

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- My toes aren't straight- they are

- all cocked-up, bent and hurt.
- I have painful calluses on the ball of my foot which keep building up.
- I have corns on my toes which get thick no matter what shoe size I wear.
- The bottom of my heel hurts all day, but it's worse when I step out of bed in the morning.
- I have cramps in my legs which

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this under control, this website might be really just the thing to get them going.

How did psoriasis affect you as a creative person?

A lot. I didn't know what to do for myself. I tried every cuckoo thing. I was on tour with Cher when I was covered from head to toe with it. I had some really weird, what I used to call "Sir Lancelot" outfit because I had to cover this and cover that, and long tight shirts that would hide the psoriasis. And then, of course, when I took it off my skin would come off. It was really very painful and it was hard.

I don't know how I got through. I was seeing a Chinese doctor, so I was soaking my feet afterwards in the tea that he gave me and I was taking a bath in the tea. So basically I was detoxing pretty strong, plus running through an arena climbing like 12-foot stairs and singing and hitting it hard on one night. I had global amnesia. I didn't know what happened to me. Then I realized, all the stuff I was doing

that made my skin feel better was detoxing and I couldn't do that and work. It's really, really debilitating.

You've been a champion for the LGBTQ community for a long time. What's been the inspiration behind working on projects like True Colors United and the Home for the Holidays benefit?

First of all, friends and family. I grew up watching my sister struggle with just being herself. I think that when I was pregnant and I started reading when the internet was new and I felt like Captain Kirk looking at it like it was all "Star Trek." You could type something and somebody types something back at you from like another part of the country. I couldn't even believe it. So, I started to read letter after letter of people who said that "True Colors" the song saved their life because they had been disenfranchised from their job, their family, from their friends. When you're alone like that and feel suicidal – which a lot of people do, there's still

a lot of teenage suicide because people are different.

I grew up in the Civil Rights movement. I remember Dr. King and I remember what he said, that the arc of history leans toward justice. That is what always drove me on. I guess when I started working and meeting people from the Human Rights Campaign, especially one woman who worked there, Cathy Nelson, she was a great mentor. She taught me that you can change things, and we did. We helped promote the hate crimes bill that was amended to include the LGBTQ community because of Matthew Shepard and [James Byrd Jr.]. I think that it's important that you include everyone. A hate crime is a hate crime. For the LGBTQ community, they are targeted a lot. I felt that it was important. We worked and advocated. Information, that's what people need. I, in my heart, believe that in America we are fair-minded people. We all came from immigrants, unless you're Native American and you really got screwed. I think that,

as an American, I always thought it was part of the privilege of being an American to participate. I always felt that you need to vote. You can't complain if you don't vote. You need to represent how you feel.

What can you tell us about the "Golden Girls"-style comedy you're working on with Jane Lynch for Netflix?

I was working with this group Skydance, I really like those guys. They started to come down to all the concerts in L.A. We tried this other project, it didn't work. Finally, because of my work, I'm up channel surfing and I watch a lot of "Golden Girls," plus "Mary Tyler Moore" when I find it and "The Honeymooners." Those are the go-tos. And if it works out with the "Golden Girls," I'm happy. I was watching it so I said to them, "Why not just reboot the 'Golden Girls'?" But it's not just a reboot. I was thinking: where are the "Golden Girls" of today? That was then. What about today? Where are we?

I'm like a feckless

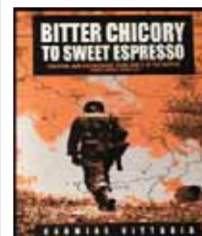
Sophia. I'm a jailbird in the show. It's funny. And just like physically, Jane's really tall and I'm really short. I've always been a big fan of "Rocky and Bullwinkle" too from the time I was young, so it kind of felt like we could be like Rocky and Bullwinkle, in a way. Jane Lynch, she's awesome.

As an artist, as an advocate, what does the word legacy mean for you?

I don't know. Everyone always says, "Oh, you're an icon!" I don't know what that is. I think that, for an artist, basically you just keep going. Of course, the accolades help you continue your work, but it's got to be about the work first. Even when I first started – and I probably wasn't that good – I still thought I was great be-

cause it felt great. As long as you feel that great thing coming through you, then you've got to continue. If you have a creative mind, then you've got to use it, otherwise it will choke you. I always look at it as you've got to keep going. I've been told no so many times, and you just got to look beyond the person telling you no and think, "Okay, I want to go here, how do I get there?" And make a plan. I always tell young artists, "Sometimes it takes eight years, sometimes it takes 10 years. The difference between people who make it and who don't are the people who give up and the people who don't give up."

This interview has been edited and condensed for brevity and clarity. MATT JUUL



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14 metro

ENTERTAINMENT

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Taylor Kitsch on his love of complex characters and his new film, '21 Bridges'

The thrilling action film opens this week.



PAT KING
patrick.king@metro.us

Taylor Kitsch has made a career of playing characters whose backs are against the wall. Ever since his star-turning role as the fiery-eyed Tim Riggins on NBC's "Friday Night Lights," Kitsch has embraced complexity in his projects rather than typical blockbuster flare. He's a searcher, and that aspect of his process can be seen in his recent role as Detective Paul Woodrough in the second season of "True Detective" and, more recently, his nuanced portrayal of cult-leader David Ko-



STX FILMS

resh in the mini-series, "Waco." He continues this path in the new action film "21 Bridges" starring alongside Chadwick Boseman, Sienna Miller, J.K. Simmons and Stephan James.

The new film, directed by Brian Kirk, follows Kitsch's character Ray and partner Michael, played by James, as they are hired by a prominent New York drug dealer to rob his competition in a late night heist. Unfortunately, the job goes horribly wrong and the two are forced to shoot to freedom as they are instantly greeted by an army of cops on the scene.

With blood on their hands, the two drive off furiously into the night to try and figure out what happened and make it through the night alive. Detective Andre Davis, played by Boseman, puts out an alert to close the city's 21 bridges (hence the title) to trap these cop killers on the run with only a five-hour grace period from the mayor before commuters wake up. From there, we are off to the races and the film never lets up until its close.

The pace of the film recalls the kind of action film you would skip school to see with your friends. It's pure rush without sacrificing brains or purpose. Kitsch agrees and was thrilled

to be a part of this kind of film.

"I grew up on 'Heat' and, obviously later, when I started diving in and studying it was 'Mean Streets' and stuff like that," says Kitsch. "New York is like a character in this one too. But I loved 'Heat' growing up and anything close to it. Those movies don't get made anymore. It's really rare so it was great to be a part of it in that sense."

As we follow Ray and Michael, we begin to find their motivations. The two are veterans feeling forgotten away from the battlefield and struggling to put things right in ways they feel their government has not. These nuances (and a clever twist) are reasons Kitsch feels "21 Bridges" is a Trojan Horse of an action film.

"I think without that humanity it just goes into a cliché action movie. I think that's what separates our film," Kitsch says.

"I think when you come from nothing and you have an opportunity, that's a once in a lifetime moment, and you have a chance to change the course of your life and your children's lives to get out of the Bronx and everything that it represents to these two guys," he adds. "To me, you can't blame them."

Kitsch's portrayal of Ray cuts to the bone and

in one scene, he places down a sobriety chip with a shaky hand as he has a chance to breathe in order to have a drink to calm his nerves. In that moment, you feel for Ray on a different level than you would have if he were just a one-dimensional thug. These are the types of layered characters Kitsch has been interested ever since researching David Koresh.

"The more layers to any character, you are going to gravitate towards [them]," says Kitsch. "Maybe it's because I've always been an underdog. I don't know. I love breaking that down and trying to find the whys and reasoning behind why someone would do something reprehensible as well. But it is subjective. Some people, if you completely erase, and this is quite close to impossible, your own judgement for a second and understand where this one person has come from in their struggles, this is what I love to do. Koresh taught me a lot about that in the prep for 'Waco'. Because I was bringing my own baggage in and casting judgement. Once I stopped doing that, it really set me free and I could marry myself emotionally to their stakes and not bringing my own to it. I think it's the same with Ray."

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TRAVEL



Explore like a local on international drive

Orlando is known for being a bustling hub of familiar and famed theme parks such as Universal Studios Orlando, Walt Disney World Resort and SeaWorld Orlando. But those amazing destinations don't even begin to scratch the surface of the endless adventures throughout The City Beautiful. Let's take a look at a smidgen of fun that abounds on the southern side of International Drive, one of the city's most popular strips. Or, as locals like you and me call it, I-Drive.

ICON Park

Previously called I-Drive 360, ICON Park is a must-see mecca for foodies, quest seekers and savvy shoppers to dine, play and peruse through over 40 venues. Parking is free for the 20-acre walkable grounds. Visually dominating it all, The Wheel rises 400 feet into the sky and offers stunning panoramic views. The Wheel contains 30 capsules, each with ample room to fit a large group comfortably all while moving slow enough to appreciate the surrounding sights and sounds.

Throw caution to the wind and be a daredevil with a ride on the world's tallest StarFlyer. Ascending 450 feet into the air, this atypical swing set

will have you soaring at speeds up to 45 mph. Like The Wheel, the indescribable views are sure to impress. Once you've come down from that adrenaline high, walk the red carpet into Madame Tussauds wax museum for close-ups with celebrities from past and present. Then, float over to Sea Life Orlando for a swimmingly fabulous time as you learn about and watch creatures from ocean blue waters.

Other notable activities at ICON Park to engagingly entertain are a 7D Dark Ride Adventure, Arcade City and SKELETONS: Museum of Osteology.

All of that activity is sure to create a ravenous appetite. No worries; this area has plenty to satisfy your hunger! Tapa Toro is a local favorite with a full menu bursting with flavorful Spanish cuisine. Belly up to the inviting paella pit to watch the chefs sauté, sear, simmer and steam their way through a delectable meal. Every night beginning at 7 p.m., expect Flamenco dancers to occupy your oculars with authentic moves and flare.

"You're what? Tiiiiiiiiiiiiii roof rusted!" Any B-52 fans out there? Tin Roof Orlando, a.k.a. The Roof, is a live music locale hosting famous and not-yet-famous

musicians while serving southern eats and traditional drinks. Patronizing this dining option is sure to deliver cheer.

Calling all beer lovers! Boasting 130 taps of draft beer, Yard House has a unique brew that is uniquely you. Aside from the plethora of brewski options, the food menu showcases over 100 tasty items made from scratch every morning. With such extensive beer and food choices, there's no doubt you'll find your perfect marriage of eats and drinks.

Pointe Orlando

A close neighbor to the Orange County Convention Center, Pointe Orlando is an oasis for memorable merriment. The liveliness of this recreational center will keep you busy with diverse stores and delicious dining dripping with leisurely delight. The shopping selection is packed of various retailers from clothing to accessories and everything in between. Take, for example, Charming Charlie, where you can purchase creative, yet affordable jewelry for yourself or the leading lady in your life.

Dare to blur the line between reality and fantasy at Nomadic Virtual Reality. This fully-immersive experience allows you to step into a world of

zombies as you fight, fly, run and solve your way through a post-apocalyptic terrain. Participants wear a small backpack and headset with virtual reality goggles while balancing beams, solving timed puzzles, pulling levers and more. This will be a mission you won't soon forget!

Laugh your way through dinner at Improv Orlando with bites served up from Fat Fish Blue. Expect your funny bone to be tickled by top comedians currently on tour. Open mic nights are held weekly for those humorous individuals looking to make others laugh and chuckle.

For the younger crowds, Monkey Joe's is the place to be! Children 12 and under will enjoy a jumping good time with the many bounce houses and obstacle courses designed for endless fun. A toddler area is also featured for those three and under who aren't quite ready for the big leagues. Adults are always free when accompanying their favorite munchkin.

Adults can get their game on too! If bowling strikes your fancy, spare some time for fun at the Main Event. Enjoy bowling, billiards, arcade games, an exhilarating ropes course and food and drinks.

When hunger strikes, there's ample opportunity for your taste buds to nosh on a wide variety of food. Taverna Opa serves up Greek plates with a side of amusement. Enjoy morsels of cheese and olives imported from Greece as you wait for your main course of fresh seafood or the favored lamb chops. Each night starting at 7 p.m., a Zorba and belly dancers shimmy around the restaurant to delight guests.

Plunge into Asian culture with dishes inspired by Chinese, Thai, Japanese and Vietnamese cuisine at Lotus Asia House. Patrons are surrounded by beautifully painted murals and posh decor to match perfectly plated provisions.

Other dining and cocktail options include Cubra Libre Restaurant & Rum Bar, Itta Bena, HopDaddy Burger, The Capital Grill, B.B. King's Blues Club and Blue Martini.

Chocolate Museum & Café

Located in a less congested section of International Drive, Chocolate Museum and Café is filled with delectable treats sure to entice your sweet tooth. But this is not just a chocolate shop. They also offer an entertaining museum tour of chocolate making and a chocolate

and wine pairing.

Following a short video presentation, journey through the history and evolution of chocolate. One may think a chocolate history lesson would prove to be a little on the boring side but, trust me, you'll eat up every morsel of this engaging study. Next, arrive at a gallery of sculptures made of solid dark, milk and white chocolates. Talk about a feast for the eyes! From there, whisk off to the tasting room to savor and enjoy delicacies of many flavors. The tour concludes with smaller chocolate displays and – spoiler alert – a surprise hot chocolate tasting!

For those participating in the wine pairing, a sommelier will graciously assist with explaining each wine and paired chocolate after the tour has finished. Definitely browse the store to decide on which fine treats to take home.

Forty-five minute tours are conducted every hour on a first-come first-serve basis beginning at noon with the last tour starting at 6 p.m. The museum and café are busiest when the weather is rainy and during the weekends, so be sure to arrive a little early during those times.

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SPORTS

Amidst a historic point streak, the Islanders take over NY and the NHL.



JOE PANTORNO
joseph.pantorno@metro.us

Whichever superlative one would like to label the New York Islanders' current run of form, it probably won't do it justice.

The best team currently representing New York (and it's not close) is on a point streak of 15 games, which ties a franchise record set in 1982 when the Islanders were smack-dab in the middle of its dynastic run of four straight Stanley Cups.

That's how rare this kind of play is from this organization — which has spent the past three decades in the doldrums of the NHL.

Barry Trotz's men haven't lost a game in regulation since a 5-2 loss to the Carolina Hurricanes on Oct. 11.

Elsewhere around New York since that date, the Rangers have lost 10 times and the Devils have lost nine times. In the NBA, the Knicks and Nets have combined for 17 losses. In the NFL, the Giants and Jets have also lost a combined seven times.

Even the Yankees — whose season has been over for a month — have lost four times.

The Islanders are 14-0-1 with the lone blemish coming in the form of an overtime loss against the Pittsburgh Penguins on Nov. 7. Even in that game, the Islanders led 3-0 and looked poised to extend their win streak to 11 games.

They've answered that loss with another win streak that is up to four games now — which has been extended in the most dramatic of fashion.

Saturday saw the Islanders overturn a 3-0 third period deficit against the Philadelphia Flyers where they scored three in the final 13 minutes of the period before winning in overtime.

Streaking Isles refuse to lose



The Islanders have collected points in 15 straight games. GETTY IMAGES

On Tuesday night, they exacted some revenge from the Penguins in Pittsburgh. After going down 4-2 early in the third, Josh Bailey and Ryan Pulock found the back of the net 2:47 apart in the final 4:20 to send the game to overtime.

It set up Brock Nelson — who shook off taking a cannon of a slapshot by Pulock to the head earlier in the game — to record his second goal and third point of the night in the game-winner assisted by Anthony Beauvillier.

It was the first Islanders overtime winner against the Penguins in 29 years, when Pat Flatley scored the winner in a 4-3 victory on Dec. 23, 1990, per Islanders statistical extraordinaire Eric Hornick.

Beauvillier also had a goal on Tuesday to keep up his red-hot ways as he now has five goals in his last three games. He hadn't scored since the third game of the season (Oct. 8) before last Wednesday's win over the Toronto Maple Leafs.

As the Islanders are finally beginning to get the respect deserved by the peculiar world that is the major NHL media, they still haven't been able to touch the top spot in their division.

The Washington Capitals — who have played four more games than the Islanders — are five points ahead of New York with a 16-3-4 record (36 points).

But while the Capitals tout plenty of star power in the likes of Alex Ovech-

kin, Nicklas Backstrom, John Carlson and Braden Holtby, the Islanders roster (on paper) will never jump out at you.

As documented countless times since last season, that's what comes with the structure and defensive foundation built by the head coach, Trotz.

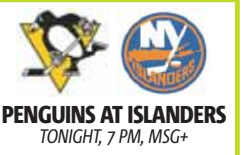
The results have been something even the players can't fully comprehend.

"There's a lot of pride in this room. There's a lot of character. What we're doing right now is something special," said veteran forward Derick Brassard. "I've never lived that in anywhere in any league. Hopefully, we can keep it going in that direction."

The Islanders will try to "keep it going" tonight as they play the second leg of their home-and-home against the Penguins at the Barclays Center in Brooklyn.

But you won't here Trotz uttering the word "streak" around the Islanders locker room.

"Honestly, our team, we wouldn't even know if we won 10 in a row, or five in a row, we would just know we haven't lost in a while," Trotz said. "It hasn't been our mentality. The mentality has been just to look at the next game."



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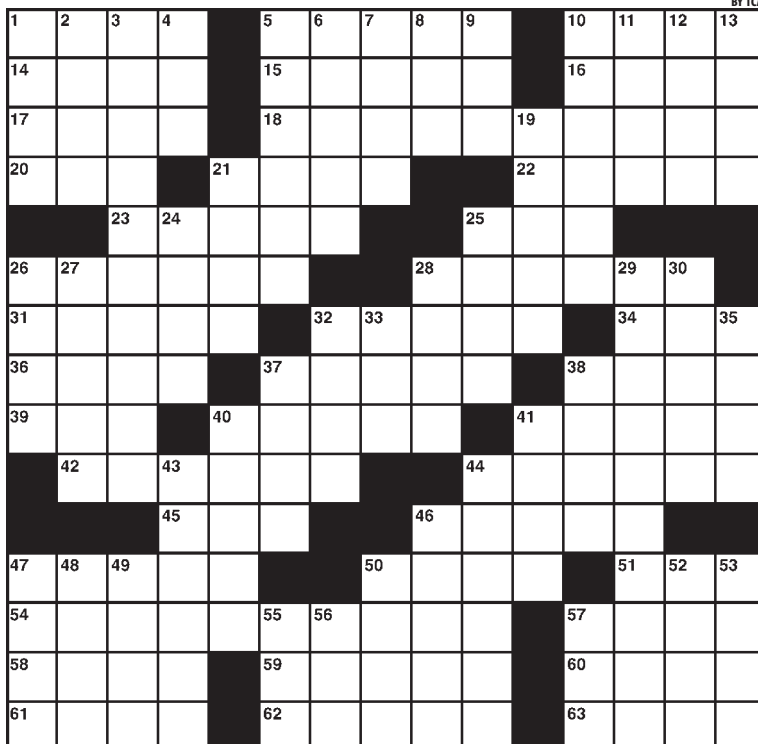
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ACROSS

1 High chair accessories
5 Crab Louie or coleslaw
10 Venerable British historian
14 Put to __; drive away
15 Showy feather
16 Bug spray
17 Askew; crooked
18 __ for; signed up to join
20 TV's "Major __"
21 Untainted
22 Easy to reach
23 Kick out, as a tenant
25 Peach stone
26 Pointed tooth
28 See the __; take a tour
31 Initial phase
32 Sponge off others
34 Chinese __; deciduous tree
36 Winter flakes
37 Seal up cracks
38 The Bee Gees, e.g.
39 Twain's Sawyer
40 Wilkes-__, PA
41 Small skin openings
42 __ for; craves
44 Cuban exports
45 "Gosh!"
46 __ control; wild
47 Be on the same page
50 Spew forth
51 Octopus secretion
54 Skinniest
57 Backed by facts
58 Meghan, to Prince George
59 "Same for me!"
60 Actor's award
61 Team in the NBA
62 Sudden muscle cramp
63 Seizes

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DOWN

1 Staple alternative
2 Nebraska's neighbor
3 Too heavy; oppressive
4 Piggy's home
5 Christmas tree, perhaps
6 Open-eyed
7 Racing sled
8 "What Kind of Fool?"
9 Start of Iowa's capital
10 Out of __; panting
11 Deserve
12 Gave up the ghost
13 Whirlpool
19 Leg part
21 1/8 of a gallon
24 Feast one's eyes on
25 Choose
26 Price to be paid
27 Pester
28 White fish
29 Solid ground
30 More devious
32 One of the planets
33 "___ Father, Who art in heaven..."
35 Green velvety ground cover
37 Charlie Chaplin's prop
38 Small African nation
40 Raise AKC dogs
41 __ helmet; safari hat
43 Representatives
44 Usual practice
46 Removes from power
47 As strong __ ox
48 Elmer's adhesive
49 Money for the landlord
50 __ kick out of; enjoy
52 Deadened
53 Islets off Florida
55 Harris & McMahon
56 "___ Van Winkle"
57 Reasonable bedtime

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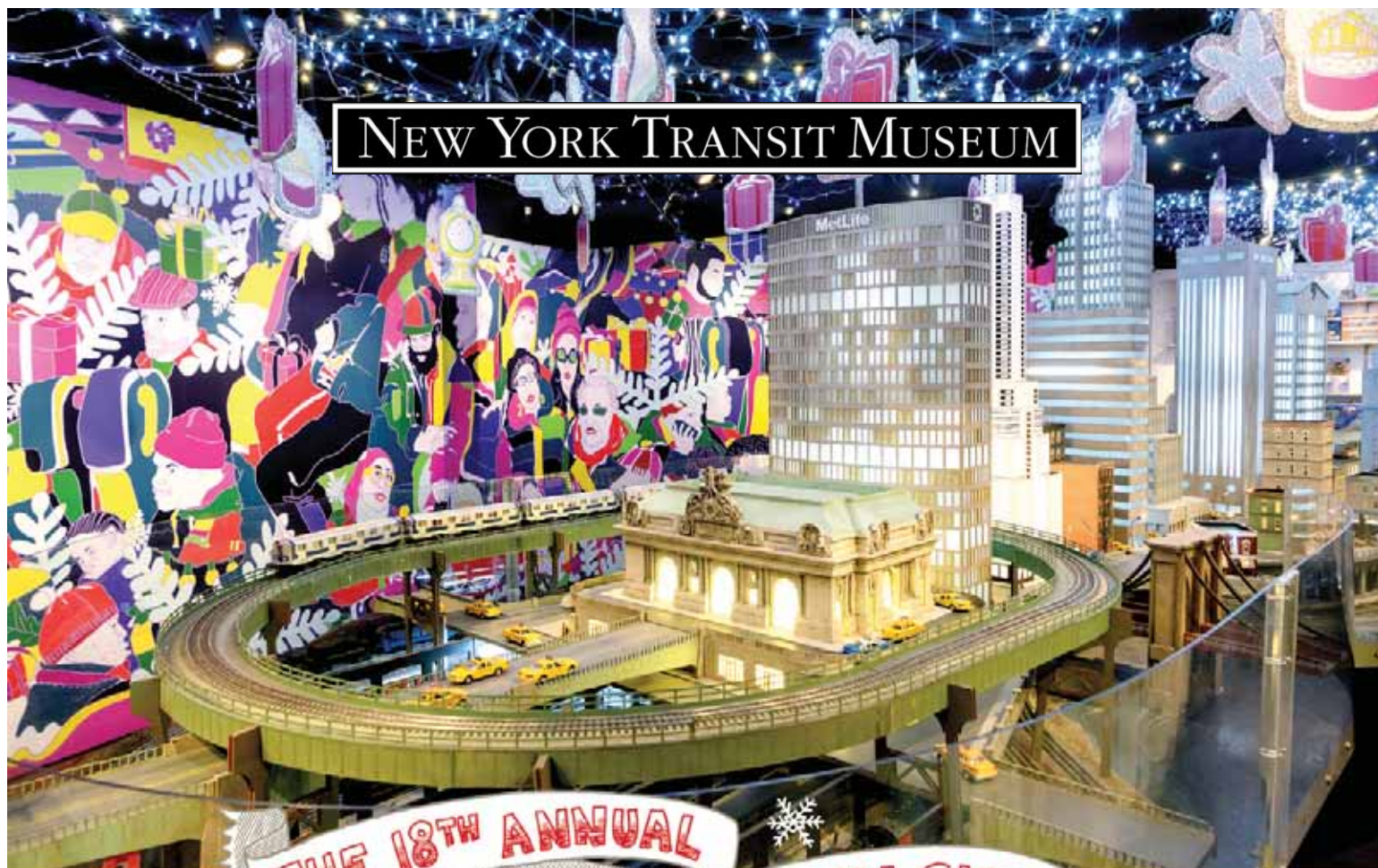
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